EDIBLE EARTH PRESENTS · FREE FOR EVERYONE

# IKKAGAI

## YOUR *biological* MENTAL HEALTH RESET

The complete guide: a 30-day science-informed protocol to support the root causes of low mood, anxiety and chronic stress, plus heavy metal and emotional detox, the Mental Health Reset nourish list, recipes, and every tracker you need. Naturally, holistically, for life.

# WHY THIS *matters* NOW

In 2025, **3,283 Australians died by suicide**. Nearly 3 in 4 were men, and suicide was the leading cause of death for Australians aged 15–44. Behind every number is a person, a family, a community. Too many of us have lost someone we love this way.

The conversation rarely goes deeper than "reach out". Talking saves lives, and it always will. But what's been missing is real biological intervention and action. Your brain is an organ, and it runs on energy.

## 2×

the risk of major depression in people with insulin resistance

*Watson et al., Am J Psychiatry, 2021 (Stanford)*

## 1 in 4

people with depression show low-grade inflammation in their blood

*Osimo et al., Psychological Medicine, 2019*

## 32%

of adults with depression reached remission by improving their diet, vs 8% with social support alone

*SMILES trial, Jacka et al., 2017 (Deakin Uni)*

## 31%

reduction in psychiatric symptoms on a supervised ketogenic diet in bipolar disorder and schizophrenia

*Sethi et al., Psychiatry Research, 2024 (pilot)*

**871K**

deaths a year are linked to loneliness — 1 in 6 people worldwide are affected

*WHO Commission on Social Connection, 2025*

**2×**

the risk of depression and anxiety symptoms for teens on social media 3+ hours a day

*US Surgeon General's Advisory, 2023*

Suicide data: Australian Bureau of Statistics, Causes of Death 2025 (preliminary, released Oct 2026).

## IF YOU NEED SUPPORT RIGHT NOW

Nutrition takes time. If you or someone you love is in acute distress or thinking about harming yourself, please reach out now, while you also begin this work. Talking to someone tonight doesn't contradict anything in this guide. The two work together.

**Lifeline** 13 11 14 · **Beyond Blue** 1300 22 4636 · **13YARN** 13 92 76 · **PANDA** (perinatal) 1300 726 306 · In an emergency call **000**

# A LETTER FROM *us* TO YOU

## YOU ARE NOT BROKEN.

You are exhausted, under-resourced and overburdened, and your brain is begging you to listen. Whether you're 25 and anxious for reasons you can't explain, 38 and dragging yourself through the early-motherhood fog, or 52 and watching menopause hand you a version of yourself you don't recognise, this is for you. It is also for the mothers, partners, sons and daughters of someone who is struggling, who feel powerless and want another way.

This guide is built on a simple but radical premise: your mental health is not a personality trait. It is deeply shaped by how well your brain is being fed, soothed, slept and signalled. Change the inputs, change the outputs. That is the heart of nutritional and metabolic psychiatry.

It is not a quick fix. Healing is rarely linear; it can take months, sometimes years, and the body sets the pace. But the transformation reaches far beyond mood: deeper sleep, balanced hormones, a stronger gut, clearer skin, brighter eyes, and the version of you that you remember from before.

**This is #LeesLegacy.** After losing my partner Lee to cancer, I built Edible Earth to prevent the unnecessary suffering chronic disease brings, through natural preventative medicine and epigenetics. I have walked my own road through grief, trauma and long-term antidepressant use, and through a mental healthcare system too overburdened to look for root causes. That's why this guide is free. No one should suffer in silence or go without real preventative care because of cost. If we heal ourselves, we heal the world.

With love, *Sarah* & Team *Earth* xox


GLOW

FOOD IS MEDICINE. SLEEP IS MEDICINE. SUNLIGHT IS MEDICINE. MOVEMENT IS MEDICINE. CONNECTION IS MEDICINE. STILLNESS IS MEDICINE. YOU ALREADY HAVE MOST OF THE *pharmacy*.

# HOW TO *use* THIS GUIDE

Read it once front to back. Then start Day 1 when you're ready, not when you're "motivated". Motivation is a mood; consistency is a system. **Feeling overwhelmed? Just follow the core rules.** Everything else in this guide is optional extra support.

## THE NON-NEGOTIABLES

- **Stack slowly.** We add rituals one at a time. Less, but kept, beats more, but abandoned.
- **Listen to the body.** Energy crashes, emotional waves and deep tiredness early on are not failures. Rest when you need to.
- **Healing is not linear.** Five steps forward, two steps back is the shape of real recovery. Plot the trend, not the dot.
- **Tell your doctor.** If you take antidepressants, antipsychotics or any psychiatric medication, do not change the dose without your prescribing doctor or psychiatrist. This protocol works alongside their care, not against it.
- **Check first** if you are pregnant or breastfeeding, have a history of eating disorders, have type 1 diabetes, take insulin or diabetes medication, or have a rare metabolic condition. Work with a clinician before the ketogenic and fasting parts of this protocol.

## WHO THIS IS FOR

- Women and men navigating anxiety, low mood, chronic stress, postnatal changes, perimenopause or menopause.
- Parents whose children or partners are struggling, and who want to learn how nutrition can support the people they love.
- Anyone who suspects there is more to mental health than another prescription.
- Anyone who has tried therapy and medication and is asking, “what else?”

## A REALISTIC TIMELINE

Some people sleep deeply for the first time in years within 10 days. Others notice mood lifting around week three, brain fog clearing by week six, and a settled nervous system around three to four months. For those weaning off long-term antidepressants with their doctor, full recalibration can take 12 to 24 months. None of that is failure.

# THE SCIENCE: WHY THIS *works*

## METABOLIC PSYCHIATRY: A QUIET *revolution*

Conventional psychiatry often asks: what symptom can we suppress? Metabolic psychiatry asks: why is this brain misfiring in the first place? It places nutrition, sleep, light, movement and gut health at the foundation of care.

The biology running beneath depression, anxiety, OCD, bipolar disorder and chronic stress can include:

- Neurotransmitter imbalances (serotonin, dopamine, GABA, glutamate)
- Chronic, low-grade neuroinflammation
- Cerebral glucose hypometabolism: the brain not using fuel properly
- Mitochondrial dysfunction: cellular power plants running on fumes
- Low BDNF and impaired neuroplasticity
- Oxidative stress and glutamate excitotoxicity

Insulin resistance and chronically high blood sugar can drive many of these mechanisms, and in a 9-year Stanford-led study, insulin resistance doubled the risk of major depression. The landmark SMILES trial showed that improving diet alone significantly reduced symptoms of major depression, and early ketogenic trials show promise in bipolar disorder, schizophrenia and treatment-resistant depression.

## THE GUT–BRAIN *axis*

Your gut and brain are in constant conversation via the vagus nerve, the immune system and the endocrine system. Around 90% of your serotonin is made in the gut, and your gut microbes produce GABA, dopamine precursors and short-chain fatty acids that shape whether you feel calm or wired, hopeful or hopeless.

When the gut lining is inflamed or permeable, or its ecosystem is depleted by sugar, alcohol, ultra-processed food, antibiotics and chronic stress, the brain receives noisy, inflammatory signals. Mood drops. Anxiety rises. Sleep fragments. Heal the gut, and you heal the conversation.



## WHAT THESE NATURAL TOOLS *actually* DO

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| **Ketogenic / low-carb eating** | Raises BHB ketones (calming for an overactive brain), supports BDNF and GABA, lowers glutamate excitotoxicity and stabilises blood-sugar-driven mood crashes. |

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|---|---|
| **Omega-3s (EPA/DHA)** | Rebuild neuronal membranes and lower neuroinflammation; EPA at 1–2g/day has clinical-trial evidence for depression. |
| **Marine collagen peptides** | Glycine for GABA and deeper sleep; proline and hydroxyproline rebuild the gut lining. |
| **Medicinal mushrooms** | Lion's mane compounds stimulate nerve growth factor (NGF) in lab studies; reishi modulates the HPA-axis stress response. |
| **Bee pollen + live nutrients** | B-complex vitamins, methylation cofactors and polyphenols that feed beneficial gut bacteria. |
| **Cold exposure** | A sustained rise in dopamine and noradrenaline, and improved vagal tone. |
| **Infrared sauna** | Lowers cortisol, raises BDNF and heat-shock proteins. |
| **Sunlight on waking** | Anchors the circadian rhythm: the single most powerful free intervention for sleep and mood. |
| **Breathwork** | Slow, nasal, diaphragmatic breathing activates the vagus nerve and raises heart rate variability. |
| **Creatine** | Replenishes brain phosphocreatine; emerging evidence for depression and brain energy. |
| **Magnesium L-threonate** | The form of magnesium shown to raise magnesium levels inside the brain. It crosses the blood–brain barrier, supports synaptic density and plasticity in animal studies, and improved cognitive function in a small human trial. |
| **Magnesium glycinate** | Magnesium bound to calming glycine: supports GABA, muscle relaxation and deeper sleep. |
| **Ashwagandha** | An adaptogenic root that lowered cortisol and perceived stress in clinical trials; a gentle evening ritual. |
| **Nurturing touch & massage** | Releases oxytocin, calms the stress response and lowers cortisol. A meta-analysis of 17 trials linked massage therapy with reduced depressive symptoms (Hou et al., 2010). |

| | |
|---|---|
| **NMN (NAD+ precursor)** | Supports mitochondrial NAD+, the coenzyme behind every energy-producing reaction in the brain. |

## WHY A KETOGENIC APPROACH WORKS FOR THE *mind*

The ketogenic diet was developed in the 1920s to treat epilepsy, and a century later it remains one of the most effective non-drug treatments for drug-resistant seizures. Many psychiatric conditions involve similar mechanisms (overactive, inflamed, energy-starved neurons) and may respond to the same metabolic shift.

When carbohydrates drop low enough, the liver makes ketones, mainly beta-hydroxybutyrate. Ketones are an efficient fuel with less oxidative 'exhaust' than glucose, and they signal to anti-inflammatory pathways (NLRP3, NF-kB). For a brain stuck in low-grade inflammatory overdrive, that matters.

## A NOTE ON SAFETY

Therapeutic ketosis is generally safe for most adults, but it is not appropriate during pregnancy or breastfeeding, for people who are significantly underweight or have a history of eating disorders, for rare genetic conditions affecting fat metabolism, or for anyone on insulin or some diabetes medications without close medical supervision. If any of these apply, follow only the non-dietary parts of this protocol and speak to a clinician.

# ANTIDEPRESSANTS: AN *honest* CONVERSATION

This section is not anti-medication. It is pro-informed-choice. For some people, antidepressants are a lifeline that gets them through an acute crisis and creates a window of stability to do the deeper work. For others they are prescribed for years, with diminishing returns and side effects that are rarely fully discussed.

## WORKING AT THE *root*

SSRIs increase the availability of serotonin in the synapse by blocking its reuptake. That is a downstream lever. On its own, it doesn't address why the brain is struggling in the first place, which can include gut dysbiosis, neuroinflammation, micronutrient deficiencies (B6, B12, folate, magnesium, zinc, vitamin D, iron), poor sleep, low BDNF, mitochondrial dysfunction and chronic stress.

Large analyses, including Kirsch (2008) and Cipriani (2018), found the average benefit of antidepressants over placebo is modest, especially in mild to moderate depression, and a 2022 review by Moncrieff and colleagues challenged the original "chemical imbalance" framing. Meanwhile the SMILES trial saw 32% of participants with moderate-to-severe depression reach remission through dietary change in 12 weeks.

## SIDE EFFECTS WORTH KNOWING ABOUT

Listed so you can make an informed decision with your prescribing doctor, not because medication is wrong:

- Sexual side effects, which in a minority of people persist after stopping (PSSD)
- Emotional blunting: muted joy as well as muted sorrow
- Weight gain and metabolic changes
- Sleep disturbance, vivid dreams, night sweats
- Gut upset, nausea, bowel changes
- Increased bleeding risk, especially with NSAIDs or anticoagulants
- Low sodium (hyponatraemia), particularly in older women
- Bone density loss with long-term use

- Heart palpitations; QT prolongation with some agents
- Brain fog and cognitive slowing
- Akathisia (deep inner restlessness), occasionally linked to increased suicidality in the first weeks
- Withdrawal symptoms such as dizziness, 'brain zaps' and anxiety rebound, which can last weeks to months

## IF YOU WANT TO *wean*, DO IT WELL

**Never stop your medication abruptly, and never change the dose without your prescribing doctor or psychiatrist.** Withdrawal can be severe and prolonged, and at its worst is linked to increased suicide risk.

Current best practice, supported by the Royal College of Psychiatrists and research by Mark Horowitz and David Taylor, is **hyperbolic tapering**: very small reductions (often 10% of the current dose), spaced 4–8 weeks apart, slowing further at lower doses.

- **Build the foundation first.** Spend at least 4–8 weeks on the nutrition, sleep, sunlight, gut and supplement parts of this protocol before any taper.
- **Get a written tapering plan from your prescriber.** If they're unfamiliar with hyperbolic tapering, share the Maudsley Deprescribing Guidelines or seek a second opinion.
- **Ask about liquid or compounded doses** for very small reductions.
- **Go at the body's pace.** If withdrawal symptoms appear, hold the dose and speak with your doctor.
- **Track weekly:** mood, sleep, appetite, energy, irritability, intrusive thoughts.
- **Expect months to years.** A gentle taper from a long-standing SSRI can take 12–24+ months.
- **Keep your therapist or psychologist close.** Emotions the medication was muting can surface, and that deserves support.

# ALCOHOL & YOUR *brain*

We ask everyone beginning this protocol to commit to at least 4 weeks alcohol-free. Not forever, and not as a moral position, but because alcohol and a brain in active repair are fundamentally incompatible. Most people find that after 4 weeks they don't particularly want it back, and that itself is information.

## WHAT ALCOHOL *actually* DOES

- **Disrupts GABA and glutamate.** The brain compensates for alcohol's calming effect, so the next day you wake into a rebound of excess glutamate and low GABA: the neurochemistry of anxiety.
- **Wrecks sleep architecture,** suppressing REM and deep sleep, when the brain processes emotion and clears waste.
- **Drives oxidative stress and neuroinflammation** in the hippocampus and prefrontal cortex.
- **Produces acetaldehyde,** a toxic metabolite that damages mitochondria.
- **Damages the gut lining** and feeds opportunistic bacteria.
- **Depletes B vitamins, magnesium and zinc,** the nutrients you need to make serotonin, dopamine and GABA.
- **Suppresses BDNF** and alters gene expression through epigenetic changes.

## TOOLS THAT MAKE 4 WEEKS DOABLE

- **Know your triggers** and plan one alternative for each ("If I'm offered a drink at work drinks, I order soda, lime and bitters").
- **Urge-surf.** Cravings peak and pass in 15–20 minutes. Set a timer and watch the wave go through you.
- **Restructure the social rhythm:** walk dates, morning coffees, sauna sessions, breakfast catch-ups.
- **Replace the ritual, not just the drink.** A CALM mushroom hot chocolate or a chamomile infusion in a beautiful glass at 6pm gives the brain the same closure.
- **Stack with the protocol:** glycine from collagen, magnesium glycinate at night, sunlight on waking.
- **Be kind, not perfect.** A slip is information, not failure.

DESIGNED IN WESTERN AUSTRALIA, SYNTHETIC-FREE, BUILT TO LAYER

# THE EDIBLE EARTH *range*

At Edible Earth, we look for the root causes of chronic disease and premature ageing. Our formulas and protocols draw on the latest epigenetic and metabolic psychiatry research, and focus on the five foundations of lasting health:

**MICROBIOME**
gut & brain conversation

**METABOLIC**
steady blood sugar & insulin

**MITOCHONDRIA**
cellular energy

**HORMONES**
balance through every life stage

**NERVOUS SYSTEM**
calm, resilience & sleep






## GLOW ANTI-AGING

**Clinical collagen peptides · 20g daily**

Our highest-potency multi-peptide formula, built for perimenopause, menopause and chronic stress. Hydrolysed marine collagen (types I & III), rich in glycine (a precursor to GABA) and proline + hydroxyproline (building blocks of the gut lining), with ingestible hyaluronic acid, marine vitamin C and trace minerals.

**Mind connection:** 20g delivers around 3–4g of glycine, associated with deeper sleep and calmer evenings. Supporting the gut lining helps reduce the inflammatory signals linked to low mood.




## GLOW YOUTH

**Sea collagen peptides · 20g daily**

The original Edible Earth marine collagen: clean, pure peptides, ideal as a daily entry point. Small peptides (avg. 3000 Da) with high glycine, proline, hydroxyproline, alanine and arginine.

**Mind connection:** Glycine is a calming neurotransmitter, and supplemental glycine has been shown to improve sleep quality and next-day alertness.




## GLOW GUT

**Gut repair collagen · 20g daily**

Targeted support for bloating, IBS-type symptoms, post-antibiotic recovery, or when you suspect your gut is behind your mood. Marine collagen with L-glutamine, zinc carnosine and soothing botanical mucilages.

**Mind connection:** A healthier gut barrier means less inflammatory ‘noise’ reaching the brain, and a gut better able to support serotonin, GABA and short-chain fatty acids.




## DETOX

**Probiotic micronutrient pollen elixir · 5–10g first thing on waking**

A live, raw multivitamin in food form. Western Australian bee pollen with amino acids, B vitamins, vitamins C, E and K, beta-carotene, polyphenols and live enzymes.

**Mind connection:** B vitamins and methylation cofactors help your body make and clear neurotransmitters, hormones and stress chemicals. Deficiencies are common in stressed, depleted bodies.




## CALM

**Medicinal mushroom elixir · minimum 5g daily, in the evening**

Four medicinal mushrooms: lion's mane (hericenones and erinacines that stimulate nerve growth factor in lab studies), reishi (triterpenes and beta-glucans, the classic calming adaptogen), chaga (rich in antioxidants) and maitake (beta-glucans that support microbial diversity).

**Mind connection:** Together they support a calmer stress response, deeper rest, and a brain with the resources to rest and rewire.

## AGELESS NMN

**NMN powder · 1000mg daily**

100% pure nicotinamide mononucleotide, a direct precursor to NAD+, the coenzyme behind cellular energy production, DNA repair and longevity signalling. NAD+ levels decline with age, stress and poor sleep.

**Mind connection:** Supporting mitochondrial energy matters for a brain that uses around 20% of the body's energy.

## LIMITLESS CREATINE

**Micronised creatine monohydrate · 20g daily in 2–4 microdoses**

Pure creatine monohydrate, once thought of as a muscle supplement and now one of the most promising nutrients in brain research.

**Mind connection:** Creatine replenishes phosphocreatine, the rapid energy reserve for muscle and brain. A randomised trial found creatine alongside an SSRI sped up and deepened response in women with major depression (Lyoo et al., 2012). Our protocol uses 20g a day, split into 2–4 microdoses with water and meals. Start at 5g and build up; check with your GP first if you have kidney disease.

## YOUR DAILY IKKAGAI *stack*

**DETOX** 5–10g on waking

**GLOW** 20g

**AGELESS NMN** 1000mg

**LIMITLESS** 20g in 2–4 microdoses

**CALM** 5g+ at night in ashwagandha tea

**Magnesium L-threonate** up to 5000mg

**Magnesium glycinate** 3000mg at night

All formulas blend into one morning or evening smoothie, hot drink or glass of water. Start one at a time and add another every 3–5 days, so your body can adapt and you know what's doing what. See the daily stack timing and safety notes. Check with your doctor first if you take medication, are pregnant or breastfeeding.

SHOP THE RANGE

# THE 30-DAY *protocol*

## KEEP IT SIMPLE: YOUR *core rules*

If you do nothing else in this guide, do these. They are the foundation; everything else is optional extra support.

1

### REST

Protect your sleep: 7–9 hours, a cool dark room, screens off before bed. Rest when your body asks.

2

### TAKE YOUR ELIXIRS & SUPPLEMENTS

Every day. Your daily stack is below: simple, and the same every day.

3

### MORNING SUNLIGHT

10–15 minutes of sunlight on your skin within an hour of waking.

4

### NATURE, EVERY DAY

Beach, park, garden or bush. Bare feet on the earth when you can.

5

### MOVE, EVERY DAY

A walk counts. Strength, yoga, swimming or dancing all count.

6

### SAUNA & ICE, 3× A WEEK

Infrared sauna and cold exposure (a cold shower or ice plunge) three times a week.

7

### BREATH & MEDITATION, DAILY

Morning, night, or both. Even 5 minutes of slow breathing changes

8

### SOUND HEALING, WEEKLY

One sound healing session a week to reset your nervous system. Join us at

your nervous system.

Club Sacred.

9

**NURTURING TOUCH**

Hugs, holding hands, a partner massage, self-massage with oil, or a professional massage. Touch releases oxytocin and calms the stress response. Make it weekly at least.

## YOUR DAILY *stack*

| | |
|---|---|
| **On waking** | **DETOX** 5–10g in water, first thing. |
| **Morning** | **GLOW** 20g · **AGELESS NMN** 1000mg · first **LIMITLESS creatine** microdose. |
| **Through the day** | **LIMITLESS creatine** 20g a day in total, split into 2–4 microdoses (e.g. 5g × 4 or 10g × 2) with water and meals. **Magnesium L-threonate**: build up to 5000mg a day, split morning and evening. |
| **Evening** | **CALM** (minimum 5g) stirred into a warm **ashwagandha tea** · **magnesium glycinate** 3000mg before bed. |

Start low and build up over 2–3 weeks. The magnesium amounts are the weight of the compound, not elemental magnesium: together they provide roughly 780mg of elemental magnesium, more than double the 350mg upper limit for supplemental magnesium set by the NHMRC. Loose stools are the first sign you're taking more than your body can use, so ease back if that happens. Creatine at 20g a day is a higher, research-level intake: drink plenty of water. **Check with your GP before starting**, especially if you have kidney disease, take medication (including antidepressants, sedatives, thyroid, blood pressure or diabetes medication), have a thyroid or autoimmune condition, or are pregnant or breastfeeding. Avoid ashwagandha in pregnancy.

## HOW WE STACK, GENTLY, OVER *four weeks*

Not ready for everything at once? Add the core rules in this order.

WEEK 1

### FOUNDATION

**Mornings:** wake at the same time daily. 10 minutes of sunlight on your skin within an hour of waking. Water with a pinch of sea salt and lemon.
**Food:** remove ultra-processed food, refined sugar, seed oils and gluten. Protein at every meal.
**Supplements:** DETOX first thing on waking, GLOW (20g) with breakfast.
**Boundary:** no alcohol from Day 1.

WEEK 2

### NERVOUS SYSTEM

Keep Week 1, then add **5–10 minutes of breathwork** daily (box or 4-7-8), a **20-minute walk** outside with no podcasts, plus **CALM** (5g+) in an evening ashwagandha tea and your **magnesium** (glycinate at night, L-threonate building up). Book your first **sound healing** session.

WEEK 3

### BRAIN ENERGY

Keep everything, then begin **nutritional ketosis**: net carbs under 50g a day, protein high, generous good fats. Add **3 resistance sessions** a week (20–30 min), plus **AGELESS NMN** (1000mg) in the morning and **LIMITLESS creatine**, building up to 20g a day in 2–4 microdoses.

WEEK 4

### DEEP RESET

Keep everything, then layer **sauna and ice** 3× a week, a weekly **massage or nurturing touch** ritual, a **wind-down routine** (no screens 90 minutes before bed) and **one restorative practice** daily: yin yoga, meditation, breath or sound.

*If any week feels like too much, repeat the previous week. You are not falling behind. There is no "wrong" place to be on Day 30.*

## THE DAILY *rhythm*

| | |
|---|---|
| **On waking** | DETOX in water with a pinch of sea salt and lemon. 10 minutes of sunlight on your skin. No phone for 30 minutes. Breath or meditation. |
| **7–8am** | Morning movement or therapy (sauna, ice, walk, breathwork, HIIT, yoga). |

| | |
|---|---|
| **8–8:30am** | Breakfast: protein and fat. GLOW, NMN, creatine microdose, magnesium L-threonate. |
| **10am** | Short walk outside. Creatine microdose with water. |
| **12:30pm** | Lunch: protein, greens, good fats. Sit down. No screen. |
| **2:30pm** | Light movement, stretch or rest. Creatine microdose. Snack only if hungry: nuts, olives, cheese. |
| **5:30pm** | Evening practice: second walk, breathwork, yoga or tai chi. |
| **6:30pm** | Dinner from the recipes below. An hour later: CALM in a warm ashwagandha tea, plus magnesium L-threonate. |
| **8pm** | Wind-down: screens off, lights low, magnesium glycinate, breath or meditation, a self-massage with oil, journal, read. |
| **9:30pm** | Bed. Cool, dark room (around 18°C). Sleep mask if needed. |

## 30 DAILY *ideas*, IF YOU WANT THEM

Optional inspiration for variety, not homework. If a day's ideas feel like too much, just follow the core rules and your daily stack. That is enough.

DAY 1

### MOOD & BLOOD GLUCOSE

*Settle the nervous system and break the sugar–stress loop.*

**AM** Infrared sauna 20 min · box breathing 5 min

**PM** Light stretch or yoga 10 min · box breathing

DAY 2

### NERVOUS SYSTEM CALMING

*Activate the vagus nerve. Dopamine without the crash.*

**AM** Cold face plunge 30 sec · nature walk 20 min

**PM** Restorative yoga 10 min

DAY 3

## COGNITIVE CLARITY

*BDNF boost. Build the brain you want to think with.*

**AM** HIIT 15 min · brain-boost coffee

**PM** Puzzle or learning 20 min

DAY 4

## INFLAMMATION REDUCTION

*Lower the inflammatory background hum.*

**AM** Cold face plunge · tai chi 30 min

**PM** Deep breathing 10 min

DAY 5

## SLEEP OPTIMISATION

*Anchor the circadian rhythm. Sleep is everything.*

**AM** Morning sunlight 15 min · slow stretch

**PM** Walk · evening stretch 20 min

DAY 6

## GUT–BRAIN AXIS

*Move the gut. Feed the bugs that feed the brain.*

**AM** Dance cardio 20 min · kefir smoothie

**PM** Abdominal massage 10 min

DAY 7

## SOCIAL CONNECTION

*Oxytocin is medicine.*

**AM** Group walk or call a friend · slow morning

**PM** Phone-free family time · shared meal

DAY 8

## NEUROGENESIS & MEMORY

*Grow new neurons with CALM's lion's mane.*

**AM** Red-light therapy 10 min · brain-boost coffee

**PM** Meditation 20 min · learning 30 min

DAY 9

## FOCUS & CLARITY

*Calm alertness.*

**AM** HIIT 15 min · chia pudding

**PM** Puzzle 20 min · slow walk

DAY 10

## STRESS RESILIENCE

*Lower cortisol. Raise heart rate variability.*

**AM** Nature walk 20 min · box breathing 10 min

**PM** Journaling · box breathing

DAY 11

## COGNITIVE REPAIR

*Polyphenol day: green tea and berries.*

**AM** Red-light therapy · brain-boost coffee

**PM** Learn a new skill 30 min · slow walk

DAY 12

## GUT–BRAIN SUPPORT

*Probiotic-rich day. Listen to the gut.*

**AM** Abdominal massage · kefir smoothie

**PM** Dance cardio 20 min · slow walk

DAY 13

### CONNECTION & JOY

*Vitamin D, connection and movement.*

**AM** Group hike 45 min · slow breakfast

**PM** Phone-free family hour · shared dinner

DAY 14

### MORNING LIGHT RESET

*Halfway. Take stock. Notice what's shifting.*

**AM** Sunrise walk 20 min · slow morning

**PM** Cool indoor light · wind-down routine

DAY 15

### SLEEP DEEPENING

*Add glycine via GLOW before bed.*

**AM** Sunlight 15 min · slow morning

**PM** No caffeine after midday · magnesium + sleep mask

DAY 16

### STRESS REDUCTION

*Calm is a learned skill.*

**AM** Yoga nidra 20 min · slow morning

**PM** Gratitude journaling 10 min · restorative yoga

DAY 17

### METABOLIC FLEXIBILITY

*Let the body remember how to burn fat for fuel.*

**AM** 16:8 fast · bone broth break-fast

**PM** Light movement · infrared sauna 20 min

DAY 18

### RESILIENCE & SLEEP

*Repeat what works. Habit is the goal.*

**AM** Nature walk 20 min · slow morning

**PM** Yin yoga 20 min · wind-down

DAY 19

### AUTOPHAGY

*Cellular spring-clean.*

**AM** 16:8 fast · bone broth break-fast

**PM** Infrared sauna 30 min · walk

DAY 20

### NEUROPLASTICITY

*The brain you use is the one you keep.*

**AM** Red-light therapy · brain-boost coffee

**PM** Learn an instrument or language 30 min

DAY 21

### FASTING-MIMICKING DAY

*Once a week from here, if it suits you.*

**AM** Bone broth on rising · greens + olive oil at lunch

**PM** Small fat-bomb dessert · sauna 30 min

DAY 22

### COGNITIVE REPAIR

*Pair lion's mane with learning.*

**AM** Red-light therapy · brain-boost coffee

**PM** Learning 30 min · slow walk

DAY 23

### MICROBIOME DIVERSITY

*Diversity is the goal.*

**AM** Abdominal massage · kefir smoothie

**PM** Dance cardio · bone broth dinner

DAY 24

### SOCIAL CONNECTION

*Loneliness is a mental health risk factor. Treat it like one.*

**AM** Group walk or sauna with a friend

**PM** Phone-free family time · shared dinner

DAY 25

### CREATIVITY & FLOW

*The opposite of rumination.*

**AM** Dance, sing, paint or write 20 min

**PM** Hands busy · music + slow dinner

DAY 26

### HORMONE HARMONY

*Build muscle. Build hormones. Build mood.*

**AM** Slow strength session 30 min · protein breakfast

**PM** Walk after lunch · magnesium bath

DAY 27

### DEEP REST

*Rest is productive. Rest is medicine.*

**AM** Sleep in if needed · long breakfast

**PM** Reading, bath or nothing · yin yoga + sauna

DAY 28

### INTEGRATION

*Notice the version of you that's emerged.*

**AM** Your favourite ritual · best breakfast of the month

**PM** Walk and reflect · wind-down

DAY 29

### FORWARD LOOK

*Decide what carries into real life.*

**AM** Pick your three keepers

**PM** Journal: what's now non-negotiable? · CALM evening

DAY 30

### BEGIN AGAIN

*This isn't the end. It's the new floor.*

**AM** Whatever ritual feels right

**PM** Plan the next 30 days · slow dinner

# THE HEAVY METAL *detox*

So many women have been left feeling dismissed by a rushed, fast-food healthcare system: told it's "normal", "in your head", or that "nothing's wrong" when tests come back clear. The truth is often simpler: **your body doesn't have what it needs to thrive, and has too much of what it doesn't need.** Heavy metals like lead, mercury, cadmium and arsenic can build up over time and add to that load.

## BEFORE YOU *begin*

**1. Remove the sources.**

- Swap aluminium foil and plastics for glass, steel and beeswax wraps.
- Filter your drinking (and ideally bath) water. Buy local and organic where you can.
- Switch to aluminium-free deodorant and clean, chemical-free skincare.
- Limit high-mercury fish (shark/flake, swordfish, king mackerel); favour small fish like sardines.

**2. Adopt the fundamentals.**

- **Eat clean:** whole, nutrient-dense foods.
- **Hydrate well:** 2L+ of filtered water, with minerals, lemon and vegetable juice.
- **Supplement smartly** with clean wholefood formulas.
- **Prioritise rest** and move daily to keep your lymphatic system flowing.



## INSIDE THE *body*

- **Hydration:** 2L+ filtered, mineral-rich water, plus vegetable juice.
- **Fibre:** aim for 35–45g a day from vegetables, fruit, legumes and seeds to bind toxins and clear excess oestrogen.
- **Bitter, bile-stimulating foods:** rocket, dandelion, radicchio, artichoke, apple cider vinegar, turmeric.
- **Intermittent fasting:** start with a 12-hour overnight fast, building to 16 hours, to support autophagy.

## OUTSIDE THE *body*

- **Epsom salt baths** weekly: 500g–1kg in a warm (ideally filtered) bath for 20–30 minutes.
- **Dry brushing** for five minutes each morning, long strokes towards the heart.
- **Sweat** through exercise and infrared sauna.

## MOVE & *recover*

- **Exercise 3–4× a week:** cardio, strength or yoga.
- **Walk 10 minutes after each meal** to flatten blood sugar spikes.
- **Recovery therapies:** sauna, ice baths, massage, acupuncture.
- **Rest when exhausted.** Fatigue is common during any detox.

## SUPPLEMENTS & WHAT THEY HELP *protect* AGAINST

| | |
|---|---|
| **Cilantro (coriander)** | May help mobilise lead and mercury for excretion. |

| | |
|---|---|
| **Chlorella** | Binds mercury, lead and arsenic. |
| **Spirulina** | May reduce cadmium build-up; antioxidant support. |
| **Selenium** | Protects against mercury, arsenic and cadmium; part of antioxidant enzymes. |
| **NAC** | Boosts glutathione; helps with alcohol-related oxidative stress and mycotoxins. |
| **Alpha-lipoic acid** | Helps reduce mercury and lead accumulation; combats AGEs. |
| **Milk thistle** | Supports liver detox of alcohol, pesticides and herbicides. |
| **Sulforaphane** | Induces phase II liver enzymes; helps clear BPA, phthalates, pesticides and PCBs. |
| **Bentonite clay** | Binds mould toxins, pesticides and heavy metals in the gut. |
| **Zeolite** | Exchanges heavy metal ions; binds mycotoxins. |
| **Glycine** | Supports conjugation pathways (e.g. glyphosate) and liver protection. |
| **Chlorophyll** | Binds aflatoxins; helps with dioxin and PCB removal. |
| **Omega-3s** | Reduce pollutant-driven inflammation; protect cell membranes. |
| **Bee pollen** | Rich in antioxidants that may reduce oxidative damage from pollutants. |
| **Chaga** | Powerful antioxidant; may protect against heavy-metal-induced damage. |
| **NMN** | Supports cellular repair and mitochondrial function after oxidative damage. |
| **Calcium-D-glucarate** | Helps excrete oestrogenic toxins and lower BPA. |

| | |
|---|---|
| **DIM / indole-3-carbinol** | Helps detox xenoestrogens; supports healthier oestrogen metabolism. |
| **Carnosine & benfotiamine** | Help neutralise and prevent AGEs. |
| **Butyrate** | Supports the gut barrier and reduces inflammation from endotoxins (LPS). |
| **Zinc carnosine & colostrum** | Support gut lining repair and bind bacterial toxins. |
| **Activated charcoal** | Adsorbs mycotoxins, pesticides and heavy metals in the gut. Take away from food, medication and supplements. |

*Binders such as charcoal, clay and zeolite can also bind medications and nutrients. Take them at least 2 hours apart from medication and supplements, and check with your health practitioner first, especially if you take prescription medicines, are pregnant or breastfeeding.*

## 3-DAY GREEN JUICE *cleanse*

Flood the body with phytonutrients while giving digestion a rest. Use Pressed Earth Greens Five, or make your own:

- 1 cup kale
- 1 cup spinach
- 1 cucumber
- ½ cup parsley
- ½ cup coriander
- ½ lemon and a small piece of ginger (optional)
- 5g each of Edible Earth DETOX & CALM, stirred through

Wash well (soak in vinegar if not organic), juice, stir and drink immediately. Not suitable during pregnancy, for diabetes or a history of eating disorders without medical advice.

## HEAVY METAL DETOX *smoothie*

Every second day after the juice cleanse:

- 1 banana
- 1 cup wild blueberries
- 1 cup coriander
- 5g CALM
- 5g DETOX
- 20g any GLOW formula
- 1 tsp spirulina
- A small handful of seaweed
- Filtered water to blend

## YOUR RESULTS *maintenance* PLAN

- **Protein:** 30–40g per meal (around 2g per kg of body weight a day) from grass-fed beef, lamb, chicken, eggs, local fish and prawns.
- **Fat:** about a quarter of each meal: avocado, butter or ghee, MCT oil, Greek yoghurt, coconut cream, olive oil as a dressing.
- **Around 50g of good carbs a day:** organic fruit and green veg, cooked-and-cooled root veg, frozen berries, quinoa or buckwheat.
- **Fermented foods daily:** sauerkraut, kimchi, miso, kefir.
- **Move daily**, breathwork or meditation before bed, no blue light for an hour before sleep, and ground in nature every day.
- Switching from glucose to ketones takes up to four weeks, so athletic output may dip while you adapt.

# THE *emotional* DETOX

As we cleanse the physical body, buried emotions often resurface and ask for attention. Bessel van der Kolk's *The Body Keeps the Score* describes how past experiences are imprinted into our physiology. Emotional release and healing belong alongside every physical detox.

## THE POWER OF *self-talk*

- **Healing or harming:** how we speak to ourselves affects emotional and physical health.
- **Shifting perspective:** kind, compassionate thoughts help the brain let go of old pain.
- **Daily mindset reset:** consistent affirmations and mindful thinking can lift mood and soften the effects of stress.
- **The "let them" method:** releasing control over other people's choices frees up emotional space for healing.

Sound, meditation, breath and journalling work together to calm the nervous system. Heart rate variability biofeedback, for example, increased vagal tone and reduced symptoms in a pilot study of people with PTSD (Zucker et al., 2009).



## REJECTION *wound*

Negative assumptions about what others think · wary of letting people in · compromise feels hard · people-pleasing

**"Positive energy nourishes my body and helps me radiate joy to others."**

## ABANDONMENT *wound*

Fear of being left · difficulty forming healthy relationships · low self-worth · low mood

**"All my words, thoughts and actions are guided and protected."**

## BETRAYAL *wound*

Trouble recognising or expressing emotions · anxiety · nightmares · panic attacks

**"Every challenge I face is an opportunity for growth. I am resilient and capable."**

## INJUSTICE *wound*

Chest tightness · feeling drained · unpredictable emotions · short attention span

**"I deserve to feel safe, comfortable and happy in this body. I accept myself as I am."**

*These patterns are a starting point for reflection, not a diagnosis. If trauma is surfacing, a trauma-informed psychologist or counsellor can help you process it safely.*

## WAKING UP: YOU DON'T NEED *motivation*, YOU NEED BIOLOGICAL BALANCE AND PLANNED DISCIPLINE

### MORNING

- Wake at a set time
- Make your bed
- Phone out of reach
- Open the blinds
- Light a candle or diffuser
- Water with a pinch of salt
- Plan the day, list three gratitudes

### BODY

- 5-minute stretch
- Walk in sunlight
- Take your elixirs
- Healthy breakfast
- Yoga or cold exposure
- Quick tidy, prep dinner
- Book that health check

### MIND

- Read fiction or personal development
- Journal and notice feelings
- Meditate or pray
- Affirmations and visualisation
- Breathing exercises
- Night yoga
- Plan tomorrow

## 28 DAYS TO *self-discipline*

**DAY 1**
Establish a morning routine

**DAY 2**
Prioritise tasks using the 80/20 rule

**DAY 3**
Practise mindfulness to reduce stress

**DAY 4**
Limit decision fatigue: pick your top 3 priorities

**DAY 5**
Create a personal accountability system

**DAY 6**
Time-block urgent tasks

**DAY 7**
Set clear boundaries between work and rest

**DAY 8**
Move through mental blocks with meditation, movement and grounding

**DAY 9**
Use memory techniques when learning something new

**DAY 10**
Practise leadership in everyday interactions

**DAY 11**
Build daily habits for effectiveness

**DAY 12**
Adopt a growth mindset: inspiring podcasts and music

**DAY 13**
Schedule deep work

**DAY 14**
Embrace a challenge to build grit

**DAY 15**
Practise presence in everyday tasks

**DAY 16**
Tune into emotional and physical awareness

DAY 17
Set clear financial and personal goals

DAY 18
Find flow in creative work

DAY 19
Do one thing at a time

DAY 20
Start the day with intention and direct sunlight

DAY 21
Surround yourself with positivity

DAY 22
Explore your purpose through health and clarity

DAY 23
Do less, achieve more

DAY 24
Find your “why”

DAY 25
Wake early for a productive start

DAY 26
Learn the compound effect

DAY 27
Meet a limit, then reward yourself with self-care

DAY 28
Practise self-compassion and keep the big picture

# YOUR *nourish* LIST

Your blood-sugar-steadying, hormone-loving trolley for the month. Keto, carnivore and paleo-friendly whole foods chosen to feed your gut, steady your blood sugar and switch on cellular repair. Buy grass-fed, wild-caught and organic where you can.

## PROTEIN & SEAFOOD

**Pasture-raised eggs**
MUSCLE · HORMONES · DETOX
Complete protein plus choline for hormones and a happy liver.

**Grass-fed beef**
MUSCLE · ANTI-AGE · HORMONES
Iron, B12, zinc, creatine and glycine to preserve lean muscle.

**Lamb**
HORMONES · MUSCLE
Zinc and CLA for healthy hormones and metabolism.

**Wild salmon & oily fish**
NERVOUS · ANTI-AGE
Omega-3s that calm inflammation and lift mood.

**Prawns, barramundi & white fish**
HORMONES · MUSCLE
Selenium and iodine for the thyroid.

**Chicken thighs, skin on**
MUSCLE · GUT
Affordable protein with gut-loving glycine.

**Nitrate-free bacon & pork**
WEIGHT · NERVOUS
Keeps blood sugar flat and cravings quiet.

**Liver & organ meats (weekly)**
ANTI-AGE · HORMONES
Nature's multivitamin: B vitamins, retinol, copper.

## HEALTHY FATS & DAIRY

**Grass-fed butter & ghee**
GUT · ANTI-AGE
Butyrate for colon cells, plus vitamins A, D and K2.

**Avocados**
HORMONES · WEIGHT · GUT
Potassium, gentle fibre and satiating fat.

**Extra-virgin olive oil**
ANTI-AGE · NERVOUS
Protective polyphenols. Drizzle generously.

**Coconut oil / MCT**
WEIGHT · NERVOUS
Converts straight to ketones: clean brain fuel.

**Whole raw cream milk, or sugar-free almond milk**
MUSCLE · NERVOUS
Fat-soluble vitamins and calcium, or a dairy-free base for collagen and cacao.

**Full-fat Greek yoghurt & aged cheese**
MICROBIOME · MUSCLE
Live cultures, protein and calcium.

## LOW-CARB VEG & BITTER GREENS

**Spinach, rocket, kale**
DETOX · NERVOUS
Magnesium, folate and chlorophyll.

**Dandelion, endive, rocket**
GUT · HORMONES · DETOX
Bitter greens that stimulate bile. One a day.

**Broccoli, cauliflower, cabbage**
HORMONES · ANTI-AGE
Sulforaphane and DIM for healthy oestrogen metabolism.

**Cucumber, celery, zucchini, asparagus**
MICROBIOME · GUT
Hydrating prebiotic fibre.

**Fresh herbs**
ANTI-AGE · DETOX
Tiny antioxidant powerhouses.

**Ginger & turmeric**
GUT · NERVOUS
Warming anti-inflammatories.

## FERMENTED & GUT-LOVING

**Kimchi**
MICROBIOME · GUT
Live lactobacillus plus fibre: a daily forkful.

**Raw sauerkraut**
MICROBIOME · DETOX
Start with a teaspoon and build.

**Coconut & cultured yoghurts**
MICROBIOME · GUT
Dairy-free live cultures.

## PANTRY HEROES

**Lemons**
GUT · DETOX
Warm lemon water to wake up digestion.

**Apple cider vinegar**
WEIGHT · GUT
Blunts blood-sugar spikes before meals.

**Oregano oil**
MICROBIOME
A natural antimicrobial for gut rebalancing.

**Unrefined sea salt**
NERVOUS
Trace minerals and electrolytes.

**Raw cacao**
NERVOUS · ANTI-AGE
Magnesium and flavanols: the base for your evening CALM.

**Cinnamon, cumin, chilli, garlic, onion**
WEIGHT · MICROBIOME
Flavour that steadies blood sugar and feeds good bugs.

**Olives, capers, mustard, tamari**
GUT
Gut-friendly fats and umami.

## SNACKS, SEEDS & DRINKS

**Pumpkin & sunflower seeds**
HORMONES · NERVOUS
Zinc, magnesium, vitamin E and selenium.

**Macadamias, almonds, walnuts**
NERVOUS · ANTI-AGE
Good fats and omega-3 ALA.

**1–2 Brazil nuts a day**
HORMONES
Thyroid-supporting selenium.

**Boiled eggs, cheese, clean jerky**
MUSCLE
Grab-and-go protein.

**A small handful of berries**
ANTI-AGE
Antioxidants without the spike.

**Filtered water + sea salt**
DETOX
2–3L a day.

**Pomegranate (small portions)**
ANTI-AGE
Polyphenols for gut and mitochondria.

**Slippery elm & marshmallow root tea**
GUT
Soothing for an inflamed gut.

## OPTIONAL THERAPEUTIC SUPPORT

**Omega-3 fish oil**
NERVOUS · HORMONES
A daily anti-inflammatory baseline.

**L-glutamine**
GUT
Fuel for intestinal cells, alongside GLOW Gut.

**Zinc carnosine (150mg)**
GUT
Strengthens the stomach lining.

**Magnesium butyrate**
GUT · NERVOUS
Feeds colon cells while starches are low.

**Raw garlic in lemon water (first 2 weeks)**
MICROBIOME
A traditional ritual against yeast overgrowth. Sensitive? Swap for pau d'arco tea.

## A NOTE ON HISTAMINE

If you're histamine-sensitive (flushing, headaches or itching after fermented foods), go easy on aged and cultured foods, bone broth and beetroot for the first weeks, then reintroduce slowly as your gut heals.

Our GLOW collagens are so pure they are one of the only low-histamine collagen peptide protein powders on the market, so they stay in your routine.

KETO-CARNIVORE, GUT-FRIENDLY, DEEPLY NOURISHING

# 10 BRAIN-FUELLING *dinners*







RECIPE 1

## GRASS-FED RIBEYE WITH GARLIC BUTTER & WILTED GREENS

**4g carbs · 55g fat · 45g protein**

*Rich in zinc, B12, iron, creatine and complete protein.*

### INGREDIENTS

- 200–250g grass-fed ribeye
- 2 tbsp grass-fed butter
- 2 garlic cloves, crushed
- Rosemary or thyme
- Big handful of spinach or silverbeet
- Sea salt, pepper, lemon

### METHOD

Bring steak to room temperature, pat dry and salt well. Sear in a very hot pan 2–3 minutes a side, basting with butter, garlic and herbs in the last minute. Rest 5 minutes. Wilt the greens in the pan juices and finish with lemon.

RECIPE 2

## CRISPY-SKIN WILD SALMON, AVOCADO & ASPARAGUS

**5g carbs · 48g fat · 38g protein**

*The omega-3 powerhouse.*

### INGREDIENTS

- 180g wild salmon, skin on
- 1 tbsp ghee
- Bunch of asparagus
- ½ avocado
- Extra-virgin olive oil, lemon, salt, pepper
- Optional: capers or dill

### METHOD

Salt the dry skin and cook skin-side down in ghee 4–5 minutes until crisp; flip for 1–2 minutes. Roast asparagus in olive oil at 200°C for 8–10 minutes. Serve with avocado, olive oil and lemon.

RECIPE 3

## SLOW-COOKED LAMB SHOULDER WITH CAULIFLOWER MASH

**7g carbs · 50g fat · 42g protein**

*Slow cooking turns connective tissue into gut-loving gelatin.*

### INGREDIENTS

- 1–1.5kg bone-in lamb shoulder
- Olive oil, salt, rosemary, garlic
- 1 small cauliflower
- 3 tbsp butter
- 2 tbsp cream or coconut cream

### METHOD

Rub lamb with oil, salt, rosemary and garlic. Roast covered at 150°C for 4 hours. Steam cauliflower until very soft, then blitz with butter and cream. Serve pulled lamb over the mash with pan juices.

RECIPE 4

## BEEF LIVER PÂTÉ WITH BUTTERED MUSHROOMS

**4g carbs · 38g fat · 28g protein**

*Nature's multivitamin: B12, folate, vitamin A, copper and choline.*

### INGREDIENTS

- 150g grass-fed beef liver
- 1 small onion (optional)
- 3 tbsp butter, divided
- 1 garlic clove
- Splash of cream
- 1 cup mushrooms, thyme

### METHOD

Soften onion in butter, add liver and garlic and cook 3–4 minutes a side until just pink. Blitz with cream and butter. Sauté mushrooms in the remaining butter with thyme and serve alongside.

RECIPE 5

## BEEF MINCE & EGG BOWL

**3g carbs · 42g fat · 40g protein**

*A 10-minute dinner with protein, creatine, choline and B12.*

### INGREDIENTS

- 200g grass-fed mince
- 2 pasture-raised eggs
- 1 tbsp butter or tallow
- Salt, pepper, paprika
- Optional: avocado, sauerkraut

### METHOD

Brown mince in butter and season. Push aside and fry eggs in the space. Serve in a bowl with avocado and sauerkraut. Eat slowly.

RECIPE 6

## BONE BROTH CHICKEN SOUP WITH EGGS

**3g carbs · 22g fat · 32g protein**

*Gut-healing glycine and proline, plus choline from the yolks.*

### INGREDIENTS

- 500ml bone broth
- 150g shredded chicken
- 2 eggs
- Spring onion
- Tamari or coconut aminos, butter, pepper

### METHOD

Simmer broth, warm the chicken through, crack in the eggs and poach 3 minutes. Top with spring onion, tamari, butter and pepper.

RECIPE 7

## SARDINES ON ROASTED CAPSICUM & GREENS

**5g carbs · 32g fat · 28g protein**

*Affordable omega-3s, calcium and CoQ10, low in heavy metals.*

### INGREDIENTS

- 1–2 tins wild sardines in olive oil
- 1 red capsicum
- Rocket or spinach
- Olive oil, lemon, salt, pepper
- Optional: olives

### METHOD

Roast capsicum halves at 200°C for 20 minutes. Plate over greens, top with sardines and their oil, finish with olive oil and lemon.

RECIPE 8

## SLOW-BRAISED BEEF CHEEKS WITH BUTTERED CABBAGE

**6g carbs · 45g fat · 48g protein**

*Pure collagen that melts, with brain-protective sulforaphane from cabbage.*

### INGREDIENTS

- 2 beef cheeks (~500g)
- 1 tbsp ghee
- Onion, garlic, herbs
- 1 cup beef broth
- ½ small cabbage
- 3 tbsp butter

### METHOD

Brown the cheeks in ghee, add aromatics and broth, cover and braise at 150°C for 3–4 hours. Sauté cabbage in butter until soft and lightly caramelised. Serve with the sauce.

RECIPE 9

## KINGFISH OR SNAPPER WITH BROWN BUTTER & CAPERS

**4g carbs · 35g fat · 36g protein**

*Wild Australian fish, simply cooked.*

### INGREDIENTS

- 180g kingfish or snapper
- 3 tbsp butter
- 1 tbsp capers
- ½ lemon
- Green beans or zucchini ribbons
- Olive oil, parsley

### METHOD

Sear seasoned fish in butter 2 minutes a side and rest. Brown the remaining butter until nutty, add capers. Serve fish over greens with the brown butter, lemon and parsley.

RECIPE 10

## LAMB KOFTA BOWL WITH TZATZIKI

**6g carbs · 42g fat · 38g protein**

*Mediterranean meets carnivore.*

### INGREDIENTS

- 200g lamb mince
- Parsley and mint
- 1 garlic clove
- Cumin, paprika
- ½ cup full-fat Greek yoghurt
- Cucumber, cos, cherry tomatoes

### METHOD

Mix mince with herbs, garlic, spices and salt; shape koftas and pan-fry 3 minutes a side. Stir grated cucumber and garlic through yoghurt. Serve over salad with olive oil and lemon.

*Serves 1 unless noted. Multiply for the family.*

# LIVING IT, BEYOND *30 days*

## RECOGNISING *progress*

Real recovery is rarely dramatic. It's your daughter asking why you've been so much fun lately. It's realising on a Tuesday that you haven't cried for no reason in weeks. It's sleeping through the night and not noticing until you do. It's laughing at something small. Track these. They are the data.

## ADJUSTING AS YOU *go*

- **If something flares,** drop back one stage and stay there.
- **If you stall around weeks 6–8,** that's common. Stay the course another 4 weeks before changing anything.
- **If you're hungrier,** eat more protein and fat at meals.
- **If sleep gets worse before it gets better,** lean on magnesium, glycine from GLOW, an earlier wind-down and a darker room.
- **If you have an off day,** eat, sleep, and don't make big decisions.

**THE BODY KNOWS WHAT TO DO. OUR JOB IS TO STOP FIGHTING IT LONG ENOUGH TO LET IT *heal*.**

# YOUR TRACKERS & *workbook*

Three minutes a day will tell you more about what's working than three years of guessing. Use **Print / save as PDF** at the top of this page, then print the daily tracker 30 times and the weekly review 4 times. Everything you write is private and just for you.

## 1 · ABOUT YOU & YOUR *why*

**Name**

**Date**

**Age**

**Location**

**Your main objective: what are you here to repair, change or reclaim?**

**When you picture truly glowing, what does it look and feel like?**

**Readiness to commit**

1 2 3 4 5 6 7 8 9 10

## 2 · HEALTH HISTORY

**Current diagnoses or chronic conditions**

**Previous health issues (surgeries, injuries, illnesses)**

**Allergies & food intolerances**

**Family history (optional)**

**Medications, dose, reason, since when**

**My prescribing clinician & next review**

**Supplements I currently take**

**Alcohol**

☐ Never ☐ Rarely ☐ 1–2 a week ☐ 3–5 a week ☐ Most days ☐ Daily

**Smoking / vaping**

☐ Never ☐ Socially ☐ A few a week ☐ Daily ☐ Trying to quit

**Way of eating**

☐ Omnivore ☐ Low-carb / keto ☐ Carnivore ☐ Paleo ☐ Vegetarian ☐ Vegan ☐ No plan

**Digestion**

☐ Regular & easy ☐ Bloated ☐ Constipated ☐ Loose ☐ Reflux

**Life stage**

☐ Regular cycles ☐ Irregular ☐ Perimenopause ☐ Postmenopause ☐ Pregnant

☐ Breastfeeding ☐ Trying to conceive

**Typical day of eating & drinking**

**Movement, sleep hours, water & coffee per day**

**Stress (1 calm, 10 wired)**

1 2 3 4 5 6 7 8 9 10

# 3 · SYMPTOM *tracker*

R = rarely or never · S = sometimes · O = often or daily. Re-score in week 4 to see your shift.

## DIGESTION & GUT

| | | | |
|---|---|---|---|
| Bloating or distension | R | S | O |
| Gas / wind | R | S | O |
| Reflux / heartburn | R | S | O |
| Constipation | R | S | O |
| Loose stools / urgency | R | S | O |
| Cramping or pain | R | S | O |
| Food reactions | R | S | O |

## HORMONES & CYCLE

| | | | |
|---|---|---|---|
| PMS / mood swings | R | S | O |
| Heavy or painful periods | R | S | O |
| Irregular cycles | R | S | O |
| Hot flushes / night sweats | R | S | O |
| Low libido | R | S | O |
| Breast tenderness | R | S | O |

## ENERGY & METABOLIC

| | | | |
|---|---|---|---|
| Fatigue / low energy | R | S | O |
| Afternoon crash | R | S | O |
| Sugar / carb cravings | R | S | O |
| Stubborn weight / fluid | R | S | O |
| Cold hands & feet | R | S | O |

## SLEEP & NERVOUS SYSTEM

| | | | |
|---|---|---|---|
| Trouble falling asleep | R | S | O |
| Waking through the night | R | S | O |
| Wired but tired | R | S | O |
| Anxiety / overwhelm | R | S | O |
| Low mood | R | S | O |
| Brain fog | R | S | O |
| Headaches | R | S | O |

## SKIN & INFLAMMATION

| | | | |
|---|---|---|---|
| Dull or dry skin | R | S | O |
| Breakouts | R | S | O |
| Eczema / dermatitis | R | S | O |
| Puffiness | R | S | O |

## MUSCLES & JOINTS

| | | | |
|---|---|---|---|
| Joint pain or stiffness | R | S | O |
| Muscle aches / weakness | R | S | O |
| Poor flexibility | R | S | O |
| Low strength / stamina | R | S | O |

## IMMUNE

| | | | |
|---|---|---|---|
| Frequent colds | R | S | O |
| Allergies / sinus / hayfever | R | S | O |

## 4 · DAY 0 *baseline*

Rate each from 1 (worst it's been) to 10 (best). Nothing to perform.

**Overall mood**

1 2 3 4 5 6 7 8 9 10

**Energy through the day**

1 2 3 4 5 6 7 8 9 10

**Sleep quality**

1 2 3 4 5 6 7 8 9 10

**Anxiety (10 = calm)**

1 2 3 4 5 6 7 8 9 10

**Brain clarity / focus**

1 2 3 4 5 6 7 8 9 10

**Digestive comfort**

1 2 3 4 5 6 7 8 9 10

**Skin, hair & nails**

1 2 3 4 5 6 7 8 9 10

**Joy in small things**

1 2 3 4 5 6 7 8 9 10

**Sense of hope**

1 2 3 4 5 6 7 8 9 10

**Why I'm starting: the version of myself I'm coming home to**

# 5 · DAILY *tracker* PRINT × 30

**Day & date**

---

**Stack**

☐ DETOX on waking ☐ GLOW 20g ☐ AGELESS NMN ☐ Creatine microdoses: 1 · 2 · 3 · 4

☐ Mg L-threonate ☐ CALM + ashwagandha tea ☐ Mg glycinate at night

**Core rules**

☐ Rest ☐ Sunlight ☐ Nature ☐ Movement ☐ Breath / meditation ☐ Sauna ☐ Ice

☐ Sound healing ☐ Nurturing touch ☐ Alcohol-free

**Mood**

1 2 3 4 5 6 7 8 9 10

**Energy**

1 2 3 4 5 6 7 8 9 10

**Sleep last night**

1 2 3 4 5 6 7 8 9 10

**Anxiety (10 = calm)**

1 2 3 4 5 6 7 8 9 10

**Brain clarity**

1 2 3 4 5 6 7 8 9 10

**Movement today**

---

---

**Meals (note reactions)**

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**Water (glasses) & sunlight (minutes)**

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**One thing today told me about my body**

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## 6 · WEEKLY *review* PRINT × 4

**Week & days**

**What is unmistakably better than 7 days ago?**

**What is harder than I expected, and what do I think is underneath it?**

**Which ritual is now automatic? (Keep it.)**

**Which ritual am I still forcing? (Adjust or drop.)**

**If my body could speak in one sentence this week, it would say:**

**What I'm keeping for next week:**

**Waist · hips · energy · sleep · mood · digestion /10 · how clothes fit**

## 7 · DAY 30 EXIT *review*

Repeat the baseline. The numbers don't need to be huge for the change to be real; what matters is the direction.

**Overall mood**

1 2 3 4 5 6 7 8 9 10

**Energy through the day**

1 2 3 4 5 6 7 8 9 10

**Sleep quality**

1 2 3 4 5 6 7 8 9 10

**Anxiety (10 = calm)**

1 2 3 4 5 6 7 8 9 10

**Brain clarity / focus**

1 2 3 4 5 6 7 8 9 10

**Digestive comfort**

1 2 3 4 5 6 7 8 9 10

**Skin, hair & nails**

1 2 3 4 5 6 7 8 9 10

**Joy in small things**

1 2 3 4 5 6 7 8 9 10

**Sense of hope**

1 2 3 4 5 6 7 8 9 10

**The single biggest shift I felt in these 30 days**

**What I'm keeping forever**

**What I'm letting go**

**What I want to tell the person on Day 0**

**My next 30 days: the small thing I'll stack on next**

**Non-scale victories**

☐ Clothes fit better ☐ Steady energy ☐ Sleeping through ☐ Less bloating

☐ Calmer appetite ☐ Stronger & more flexible ☐ Clearer skin

☐ Lighter, calmer, more confident

## BEFORE & AFTER *photos*

We heal the body first, and the scale can't tell muscle from fat or fluid from tissue. Photos are a gentle, honest mirror, never a verdict on your worth.

- Same time of day: morning, before eating, is ideal.
- Same light and spot: soft daylight, plain wall.
- Same outfit: fitted activewear, the same each time.
- Same distance: phone at waist height, about 2m back, whole body in frame.
- Three angles: front, side and back.
- Keep them private, in one album. They're yours.

# RESOURCES & *support*

## BOOKS WE RETURN TO

- *This Is Your Brain on Food*, Dr Uma Naidoo
- *Change Your Diet, Change Your Mind*, Dr Georgia Ede
- *Brain Energy*, Dr Chris Palmer
- *The Better Brain*, Dr Bonnie Kaplan & Dr Julia Rucklidge
- *The Mind-Gut Connection*, Dr Emeran Mayer
- *The Maudsley Deprescribing Guidelines*, Horowitz & Taylor
- *The Body Keeps the Score*, Dr Bessel van der Kolk

## KEY STUDIES

- SMILES trial (Jacka et al., 2017, BMC Medicine)
- HELFIMED trial (Parletta et al., 2019)
- Insulin resistance & depression (Watson et al., 2021, Am J Psychiatry)
- Low-grade inflammation in depression (Osimo et al., 2019)
- Creatine in major depression (Lyoo et al., 2012)
- Ketogenic therapy in serious mental illness (Sethi et al., 2024)
- Kirsch (2008) and Cipriani (2018) antidepressant meta-analyses
- Moncrieff et al. (2022), the serotonin hypothesis
- WHO Commission on Social Connection (2025)

## APPS FOR THE JOURNEY

- Cronometer: macros and micronutrients
- Daylio or Bearable: mood and habit patterns
- Insight Timer, Calm, Headspace: meditation and breath
- Loóna: wind-down and sleep stories

## CRISIS SUPPORT, 24/7

**Lifeline** 13 11 14
**Beyond Blue** 1300 22 4636
**13YARN** 13 92 76
**PANDA** 1300 726 306
**Emergency** 000

# THE EDIBLE EARTH *ecosystem*




## EDIBLE EARTH

Wholefood elixirs and protocols that target the root causes of chronic disease and premature ageing, through microbiome, metabolic, mitochondrial, hormone and nervous system health: GLOW, DETOX, CALM, AGELESS and LIMITLESS. Monthly subscriptions with 40% off your first 3 months, $9.95 flat delivery, cancel anytime. Plus 1:1 longevity plans with Sarah.

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## CLUB SACRED

Our coastal yoga, sound, breath and wellness studio on the top floor of Floreat Surf Life Saving Club, with 180° ocean views. Classes and memberships for sacred men and women.

BOOK A CLASS



## SACRED RETREATS

Women's detox and longevity retreats. Next up: the Sacred Karijini Glow Retreat, 26–30 June 2027. Sunrise yoga, sound under the stars and a full body-mind reset. Text RETREAT to 0468 537 171 for the expression of interest.

REGISTER YOUR INTEREST



## THE MENTAL HEALTH RESET

Our 4-week coaching program for men and women: intake, symptom tracking, your nourish list and weekly guidance to repair, regulate and regenerate from the root.

START YOUR RESET

**Follow along @__edible_earth · Questions? hello@edibleearth.com.au**

# SHARE THIS WITH YOUR *loved ones*

*and break intergenerational cycles today*

Your body isn't broken. It's just undernourished, overburdened and overwhelmed. Every Edible Earth order supports #LeesLegacy and our ability to give back to our community. If we heal ourselves, we heal the world.

Love *Sarah* & Team *Earth* xox

**Important:** This guide is general education and is not a substitute for individual medical, psychological or psychiatric advice, diagnosis or treatment. Speak with your doctor before changing your diet, starting supplements or fasting, especially if you are pregnant or breastfeeding, have diabetes, an eating disorder history or another medical condition. If you take psychiatric medication, never stop or adjust it without your prescribing clinician. Edible Earth products are food and supplement formulas to support general wellbeing; they are not intended to diagnose, treat, cure or prevent any disease. If you are in crisis, call Lifeline on 13 11 14 or 000 in an emergency.

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